

Clarification: One Credit of Physical Education and Health Required for High School Graduation

Teachers must hold the proper endorsements

By state law, high school teachers must have an endorsement in the content area they are teaching. The endorsements for physical education and health are different from each other.

Physical education endorsements: These include the **MB** (physical education major or minor) and the **MX** (group major of physical education, health education, recreation, and dance.)

Health education endorsements: These include the **MA** (health education major or minor), **KH** (family and consumer science major or minor), and the **MX** (group major of physical education, health education, recreation and dance.)

One teacher may teach both health and physical education if he or she holds endorsements in both disciplines.

The course content must focus on the standards and grade level content expectations for each discipline.

Health education and physical education have different State Board-approved standards. Both disciplines will have approved Grade-Level Content Expectations in the near future. The combined content of the courses designed to meet the graduation requirement for health and physical education must be focused on addressing the standards of both disciplines, as well as the grade-level content expectations when they are available.

Of the content covered, 50% should be in health education, and 50% should be in physical education. In cases where different teachers are teaching the health content and the physical education content, it may be practical to consider that a ½ credit course be offered in health education, and a ½ credit course be offered in physical education. However, districts may choose to consider other ways of meeting the requirements and the needs of their students for quality health education and physical education.

Districts may exceed the minimum requirements

Of course, individual districts may choose to exceed the requirement if it is determined to be in the best interest of their students. Some districts that already require a full credit of health, or a full credit of physical education, may add a half-credit of the other discipline to meet the requirement.